

## CLAIMS

1. A composition comprising:
  - (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and
  - (b) caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof.
2. The composition of Claim 1, wherein (b) consists of caffeic acid or a pharmaceutically acceptable salt thereof.
3. The composition of Claim 1, wherein (b) consists of a chlorogenic acid, or a pharmaceutically acceptable salt thereof.
4. The composition of Claim 3, wherein the chlorogenic acid is selected from the group consisting of: neochlorogenic acid, an isochlorogenic acid, 3,5-dicaffeoylquinic acid, cryptochlorogenic acid and 5-caffeoylquinic acid.
5. The composition of Claim 1, wherein (b) comprises caffeic acid and a chlorogenic acid, or pharmaceutically acceptable salts thereof.
6. A food or beverage comprising:
  - (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and
  - (b) caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof.

7. The food or beverage of Claim 6, selected from the group consisting of a milk product, a cereal or pasta product, a soy product, a rice product, a wheat flour product, an oil or fat-containing food, a condiment, a semisolid food, a sauce, a soup, coffee, decaffeinated coffee, tea, decaffeinated tea, a herbal tea or infusion, a chocolate product, a beverage containing alcohol, a fruit or vegetable juice and a soft drink.
8. A supplement comprising ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and caffeic acid and/or a chlorogenic acid, or pharmaceutically acceptable salts thereof.
9. The supplement of Claim 8, further comprising a nutrient, vitamin, mineral, herbal product or drug.
10. The supplement of Claim 8 in the form of a tablet, granule, fine subtile, pill, powder, capsule, troche, medicinal drink, solution for injection, suppository, or dermatological preparation.
11. A process for preventing or treating hypertension or high blood pressure comprising: administering an effective dose of a composition comprising (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and (b)

a component selected from caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof, to a subject in need thereof.

12. The process of Claim 11, wherein systolic blood pressure is reduced.

13. The process of Claim 11, wherein diastolic blood pressure is reduced.

14. A method for reducing a rise in blood pressure comprising administering an effective dosage of a composition comprising: (a) ferulic acid or an ester thereof, or a pharmaceutically acceptable salt thereof, and (b) a component selected from caffeic acid and/or a chlorogenic acid, or a pharmaceutically acceptable salt thereof, to a subject in need thereof.

15. The process of Claim 14, wherein the rise of systolic blood pressure is reduced.

16. The process of Claim 14, wherein the rise in diastolic blood pressure is reduced.

17. A food or beverage supplemented with ferulic acid, or a pharmaceutically acceptable salt thereof.

18. A food or beverage supplemented with caffeic acid or a pharmaceutically acceptable salt thereof.

19. A food or beverage supplemented with a chlorogenic acid, or a pharmaceutically acceptable salt thereof.